



**COMMONWEALTH OF VIRGINIA
DEPARTMENT OF HUMAN RESOURCE MANAGEMENT**

Group Administrator Memo #05-07

To: TLC Group Benefits Administrators
From: Mary P. Habel, Director
State and Local Health Benefits Programs
Date: October 7, 2005
Re: •Metabolic Syndrome Added to Disease Management Program

The TLC Health Benefits Program's disease management program, *Anthem Better Prepared*sm, has added metabolic syndrome to the list of chronic conditions it now addresses. An estimated 47 million U.S. adults have metabolic syndrome and, according to the Mayo Clinic, 12.5 percent of school children have three or more components. Metabolic syndrome is defined as a combination of three or more of the following risk factors: abdominal obesity (waist measurement of more than 40 inches for men or 35 inches for women), high blood pressure, pre-diabetes or diabetes, abnormal cholesterol levels (specifically raised triglyceride levels), and reduced HDL "good" cholesterol.

A postcard on metabolic syndrome (see attached) will be mailed beginning October 11 to more than 5,000 TLC statewide plan members who meet the specific criteria of being at risk for high blood pressure, high cholesterol and obesity based on claims data. Follow-up telephone calls will be made to those contacted the previous week. Members with these risk factors will be encouraged to participate in the program in order to better manage and improve their health.

Through *Anthem Better Prepared*, patients who currently have diabetes, asthma, congestive heart failure, coronary artery disease and chronic obstructive pulmonary disease (COPD) are given direct help to manage their conditions. Nurse care managers work with pharmacists, physicians, health educators and other health care professionals to insure that patients are taking the proper amount of medication on a timely basis, and are complying with other aspects of their medical treatment.

If members who are contacted have questions about metabolic syndrome, they may call 1-800-445-7922 for additional information.

Enclosures on metabolic syndrome